

# Ribbons

Take this sheet into the workshop as a useful reminder of the aims and activities

ACTIVITY	ACTIONS	NOTES
<b>Exploring ribbons</b>	<ul style="list-style-type: none"> <li>Start by running the ribbon gently between the fingers</li> <li>Hold the ribbon with the stick handle and start creating shapes with the ribbon in the air</li> </ul>	Ribbons can be used seated or standing
<b>Exploring ribbons</b>	<ul style="list-style-type: none"> <li>Using a circular motion from the wrist, try creating a twirling shape, making it bigger or smaller, slower or faster</li> <li>Wave the ribbon high above the head, or as low as you can go.</li> <li>Move the ribbon going straight up and down, or even side to side</li> </ul>	Vary the speed you move the ribbon to get your arms moving
<b>Making it easier - working with a partner</b>	<p>If someone is finding holding the ribbon challenging, you can partner with them</p> <ul style="list-style-type: none"> <li>One person holds the stick handle and the other person holds the end of the ribbon</li> <li>Make the shapes by moving the ribbon together, each person holding one end</li> </ul>	Take it in turns to choose the shapes you are making with the ribbon
<b>Making it easier - working with a partner</b>	<ul style="list-style-type: none"> <li>If someone has limited mobility and is unable to hold the ribbon, stand or sit in front of them whilst you make shapes with the ribbon</li> <li>Encourage your partner to track the movement of the ribbon with their eyes</li> </ul>	Ensure you repeat the shape or pattern enough times for your partner to process it before you change it
<b>Let's make it more challenging</b>	<ul style="list-style-type: none"> <li>Why not try writing your name with the ribbon</li> <li>Change the size or level of the movement</li> <li>Try teaching someone else to write your name and both performing this action at the same time</li> </ul>	
<b>Let's make it more challenging</b>	<ul style="list-style-type: none"> <li>Role play - try fishing using the ribbon as a rod, or go to the Wild West - you can use the ribbon to create a lasso, or to crack a whip</li> <li>Try creating a figure of eight shape moving around your body and varying the level you are holding the ribbon.</li> </ul>	Have fun and see what movements you can come up with!

